



# NEWS RELEASE

Telephone: (702) 229-6993

Billie M. Bastian, CPRP  
Leisure Services Acting Director

Contact: Margaret Kurtz

October 2, 2008

FOR IMMEDIATE RELEASE

## City of Las Vegas Department of Leisure Services December 2008

*All activities are subject to change. List is not all-inclusive. Call centers near you for complete list of classes and activities. Most activities require advance registration. Fall Leisure Guide available online and at all centers. Centers will be closed December 25.*

### **FITNESS & MARTIAL ARTS (all ages)**

#### **Fitness Club**

Monday through Thursday, 8 a.m.-9 p.m.; Friday 8 a.m.-8 p.m.; and Saturday 8 a.m.-4 p.m.

Fee: \$6/day, \$10/week, \$29/month, \$150/6 month, or \$230/year

Veterans Memorial Leisure Services Center, 101 N. Pavilion Center Drive, (702) 229-1100.

Membership includes all fitness classes, use of fitness room, cardio and strength equipment and open gym. Reduced fees for additional family members and other limited services. Personal trainers available for hire.

#### **Free Senior Walking Program (ages 50+)**

Wednesdays, 10:45 a.m. to 12:15 p.m.

Mirabelli Community Center, 6200 Hargrove Ave., (702) 229-6359.

Meet new people and walk briskly in the air-conditioned gymnasium

#### **Cardio & Strength Building Fitness Class (ages 18+)**

Monday through Thursday, 5:30 to 6:30 p.m.

Fee: Free with center membership of \$3/day, \$15/month, \$70/6 months or \$105/year; couples discount available when registering together.

Doolittle Community Center, 1950 North J Street, (702) 229-6374.

Working out with peers helps keep you motivated!

#### **Power Abs Fitness Class (ages 18+)**

Saturdays, 10:30 to 11 a.m.

Fee: Free with center membership of \$3/day, \$15/month, \$70/6 months or \$105/year; couples discount available when registering together.

Doolittle Community Center, 1950 North J Street, (702) 229-6374.

Thirty minutes of intense abdominal workout.

#### **Box-Aerobics/Tiffany's Positive Movement Fitness Class (ages 16+)**

Mondays, Tuesdays and Thursdays, 6:30 to 7:30 p.m.

Fee: Free with center membership of \$3/day, \$15/month, \$70/6 months or \$105/year; couples discount available when registering together.

Doolittle Community Center, 1950 North J Street, (702) 229-6374.

-more-

**Jazzercise** (ages 16+)

Tuesdays and Thursdays, 6 to 7 p.m.

Fee: \$40 per month

Johnson Community School, 340 Villa Monterey, (702) 229-6175.

**Zumba Class** (all ages)

Monday, Tuesday and Thursday at 8 a.m.; Wednesday and Friday at 5:30 p.m.

Fee: \$3 daily fee or included with Minker membership

Minker Sports Complex, 275 N. Mojave Road, (702) 229-6563.

Enjoy fun dance aerobics to pulsating Latin music that will keep your heart rate up. Advance registration not required.

**Yoga** (all ages)

Mondays, 6:30-7:45 p.m. and Saturdays, 10-11:15 a.m. Advance registration not required.

Fee: \$3 daily fee or included with Minker membership

Minker Sports Complex, 275 N. Mojave Road, (702) 229-6563.

Develop strength and flexibility and relieve stress in this well-run class.

-end-